

45082487, ABUNDANCE, OAT CLUSTER CRUNCH, CORN & WHEAT FLAKE CEREAL WITH NATURALLY FLAVORED BLUEBERRY & POMEGRANATE WHOLE GRAIN OAT CLUSTERS & REAL BLUEBERRIES, UPC: 883979159302

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Report Date: January 13, 2017 10:13 EST

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 grams from values per serving.

Nutrient	Unit	1 cup 55g	1 Value Per100 g
Proximates			
Energy	kcal	210	382
Protein	g	4.00	7.27
Total lipid (fat)	g	2.50	4.55
Carbohydrate, by difference	g	43.00	78.18
Fiber, total dietary	g	5.0	9.1
Sugars, total	g	12.00	21.82
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	2.70	4.91
Magnesium, Mg	mg	16	29
Phosphorus, P	mg	60	109
Potassium, K	mg	80	145
Sodium, Na	mg	220	400
Zinc, Zn	mg	0.60	1.09
Vitamins			
Thiamin	mg	0.550	1.000
Riboflavin	mg	1.360	2.473
Niacin	mg	1.600	2.909
Vitamin B-6	mg	0.160	0.291
Vitamin B-12	µg	0.00	0.00
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	0.00	0.00
Fatty acids, total monounsaturated	g	1.50	2.73

Nutrient	Unit	1 cup 55g	1 Value Per100 g
Fatty acids, total polyunsaturated	g	0.50	0.91
Fatty acids, total trans	g	0.00	0.00
Cholesterol	mg	0	0

Amino Acids

Other

Ingredients

GRANOLA CLUSTERS (WHOLE GRAIN OATS, EVAPORATED MILLED SUGAR, FIBER CRISPS [OAT FIBER,WHITE RICE FLOUR, CHICORY ROOT FIBER, CALCIUM CARBONATE], OAT FIBER , CHICORY ROOT FIBER, CORN SYRUP, CANOLA OIL, NATURAL BLUEBERRY POMEGRANATE FLAVORS, BLUEBERRY POMEGRANATE CRUMBLES [BLUEBERRIES, EVAPORATED MILLED SUGAR, POMEGRANATE JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID], ELDERBERRY JUICE CONCENTRATE, SALT, MALIC ACID, DRIED BLUEBERRIES, BAKING SODA), CORN , WHOLE GRAIN WHEAT, EVAPORATED MILLED SUGAR, BLUEBERRIES (BLUEBERRIES,EVAPORATED MILLED INVERT SUGAR, GLYCEROL, NATURAL BLUEBERRY FLAVOR), NATURAL FLAVOR, SALT, MALT EXTRACT, CORN SYRUP,REDUCED IRON. FRESHNESS PRESERVED WITH VITAMIN E (MIXED TOCOPHEROLS). *Date Last Updated by Company:* 03/09/2016